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HEALTH

**Youth opioid
emergency
visits climbing**



**Kevin
Maimann**
Metro | Edmonton

Albertans are arriving at provincial emergency rooms due to opioid-related complications at more than double the rate they are in Ontario — and the disturbing trend is that they're young, according to a new report.

Hospitalization rates linked to opioids more than doubled for those aged 15 to 44 in Alberta while increasing by one-third in Ontario in the 2014-15 fiscal year, according to a report released by the Canadian Centre on Substance Abuse and the Canadian Institute for Health Information on Wednesday.

Alberta also saw 57 per cent more emergency department visits for opioid poisoning than Ontario in the same period. Com-

prehensive data was unavailable for other provinces.

Meanwhile, people admitted to hospital for opioid poisoning across Canada remained hospitalized for an average of eight days, which is longer than those admitted for heart attacks (5.1 days), pneumonia (6.9 days) or hip replacement surgery (7.3 days).

Dr. Hakique Virani, a public health doctor and director of Metro City Medical Clinic in Edmonton, said the lengthy stays speak to the importance of catching opioid addictions early.

"This is a significant cost driver for health care, considering that the numbers of people hospitalized for opioid poisoning is going up," Virani said.

"Dealing with this condition early is in everybody's best interests — from the perspective of social productivity and saving lives."

Seniors aged 65 and older still had the highest hospitalization rates from opioid overdoses, with accidental poisoning cited as the main reason.

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COUNCIL

Private meetings aggravate candidate



Ameya Charnalia
For Metro | Edmonton

A software developer running for city council is aghast at how frequently city councillors choose to have private meetings.

Troy Pavlek, who's declared candidacy for Ward 11 in next year's municipal election, created yegvotes.info in 2015 to track city councillors' votes.

And recently, Pavlek tracked the number of city council and committee meetings since the last election, in 2013, which have had either the whole meeting or parts of it made inaccessible to the public.

Pavlek used the open data catalogue to find that nearly half of all Edmonton city council and committee meetings either had an in-camera component or were held in private to discuss reports.

"I'm very upset about it," said Pavlek. "In private is never the best solution for things that should be debated in public."

Pavlek said recent private discussions to place metal detectors and create bag checks for the public entering council chambers were particularly egregious. "It seemed like administration was attempting to hide controversial decisions from public scrutiny and that really upset me."

But Coun. Scott McKeen says council mostly goes private when discussing sensitive issues that might involve somebody's private information and to talk about employee relations.

McKeen adds that the issue of metal detectors should not have been brought up by administration during an in-camera session, and supports sending the debate to a committee meeting, where the public can provide their input on the matter.

"If you're just taking the number of meetings — the gross number of meetings — and then looking at the number of meetings where there is an in-camera item, is to come up with a false premise," he said.

"I would say that 95 per cent plus of council business is done in public, including all of the budget discussions."

Mom struggling to find mental health help for son

HEALTH

Hospital sent teen home after suicide attempt



Kevin Maimann
Metro | Edmonton

An Edmonton woman is looking for answers after she says her suicidal teenage son was sent home from the Stollery Children's Hospital on Tuesday night.

Amanda — whose real name Metro chose to withhold to protect her son's identity —

said Emergency Medical Services took her son to the hospital after he swallowed a large quantity of pills in an attempt to end his life Tuesday.

She was hoping there would be a mandatory hold for observation, but said a nurse told her they did not have beds available at the hospital.

"I'm pissed off. I am at the boiling point," she said, adding she has long struggled to find help for her son's mental health issues.

"I have hit every roadblock imaginable."

Amanda said her son — who Metro will refer to as Jonathan — has been diagnosed with ADHD, depressive disorder and extreme mood dysregulation.

She received a phone call Tuesday notifying her that Jonathan had told a friend he took too much medication because he "didn't want to wake up."

After she found him alive and conscious in his room, and called 911, she said Jonathan got violent, pushing her before three police officers and EMS arrived.

Amanda wants her son to

have his medication evaluated and get a clearer diagnosis.

She said he has a psychiatrist at CASA, a mental health facility for children and adolescents, who is not able to meet until Friday, which she worries won't be soon enough.

"I fear for my safety. He gets downright belligerent and violent with me," she said.

"I'm begging somebody to admit him, to give him involuntary hospitalization to help him, because I believe in my son. I believe that he is a good person and has a good heart, but nobody will help him."

Jonathan spoke to Metro and said he was kept at the Stollery for a blood test, heart monitor and a conversation with a therapist. He said he has yet

to find useful mental health aid in Edmonton.

"There's the resources, but they don't help," he said.

Associate Health Minister Brandy Payne reached out to Amanda on Wednesday and said she is looking into what happened at the Stollery.

The NDP government launched a mental health review shortly after taking office and is working to implement its recommendations, including funds to open more mental health spaces.

"My heart really goes out to this family. This mother is doing exactly what I or any other mom would do in such a heartbreaking situation, which is advocating strongly for her child," Payne said.

"I'm pissed off. I am at the boiling point. I have hit every roadblock imaginable." — Amanda



Amanda and Jonathan sit together Wednesday at a spot overlooking Edmonton. KEVIN TUONG/FOR METRO

COURT

Appeal denied for man who tortured roommate

Alberta's top court has upheld the conviction of a man who tortured and starved his roommate and business partner before dropping him off near death at a hospital.

The three-member Alberta Court of Appeal rejected Dustin Paxton's challenge of his con-

victions in 2012 for aggravated and sexual assault.

Court heard that Paxton humiliated, starved, beat and sexually assaulted his roommate over 18 months while they lived together in Alberta and Saskatchewan. The victim was dropped off near death at a Re-

gina hospital in 2010.

The man, who cannot be identified, testified during Paxton's trial in Calgary that he suffered a traumatic brain injury from the abuse and can no longer hold a job.

He said he has trouble with his balance, can't swallow prop-

erly and has to drink through a straw. The man lost some of his lip during the prolonged ordeal, had his ribs broken and sustained a ruptured bowel.

After Paxton's trial, Justice Sheilah Martin of Court of Queen's Bench also ruled that he was a dangerous offender.

She said he showed indifference to his crimes, was a high risk to violently reoffend and should be jailed indefinitely.

Paxton, 36, is also appealing his designation as a dangerous offender and his indeterminate sentence.

THE CANADIAN PRESS

City mulls Northlands future

OPEN HOUSE

Oilers' former home could be turned into a rec centre



Jeremy Simes
Metro | Edmonton

The Oilers may be gone, but their former home could remain a place for blood, sweat and tears. Think roller derby, rock climbing and minor sports.

Nothing is set in stone yet, but the city held an open house Wednesday to discuss ideas for the future of the Northlands Coliseum. They're keeping an open mind while developing concepts to turn the 42-year-old arena into a rec centre. And local residents had lots of opinions: John Carbon was a little surprised to learn a portion of the space could possibly become home to a parkour gym.

"I'm not even sure if we have a parkour gym in the city," he said.

Earlier this year, Northlands



Pat Melnyk would like to see the Oilers' former home turned into hockey rinks and soccer fields.

KEVIN TUONG/FOR METRO

released a \$165 million plan for the site, dubbed Vision 2020, that suggested the site be re-developed to include, among other things, a six-sheet ice arena and concert space.

Although that's still one potential option, city officials are

still exploring other sports-related ideas.

Resident Pat Melnyk agrees that having more recreational ice rinks close to home is important.

She said her grandson has hockey practice all the way

in St. Albert despite living in the south.

"I really think (the Coliseum) should be kept and I hope (the city) doesn't make a mess of it," she said.

What kinds of rec facilities are inside, though, have yet to

be determined, according to Judith Rohvie, director of recreation facilities with the city's community services branch.

"We do have a lot of demand for dry land sports, like lacrosse and ball hockey," she said. "But part of it is really understanding what the community needs are."

According to a city graphic, the potential redesign would see the Coliseum split into two. Both floors could contain hockey rinks, soccer fields or tennis courts, among others.

Carbon said he'd like to see a gym with free weights to exercise.

"I don't think it should stay the same — an old NHL rink they'll never use," he said. "It's better to repurpose it."

The city is also seeking partners to either help renovate the facility or potentially operate it. In April, they will present two to three redevelopment options to city council. That also includes a budget for advancing the chosen design.

The next open house runs Thursday from 3 - 8 p.m. in multipurpose room 6 at the Commonwealth Recreation Centre, 11000 Stadium Road.

IDEAS

Stadiums become housing

Even though there are no plans to turn the Northlands Coliseum into housing, other cities around the world are doing exactly that.

In Brazil, architects with Casa Football want to turn stadiums into affordable housing due to high demand in the country. The plan would see modular housing units installed between concrete pylons.

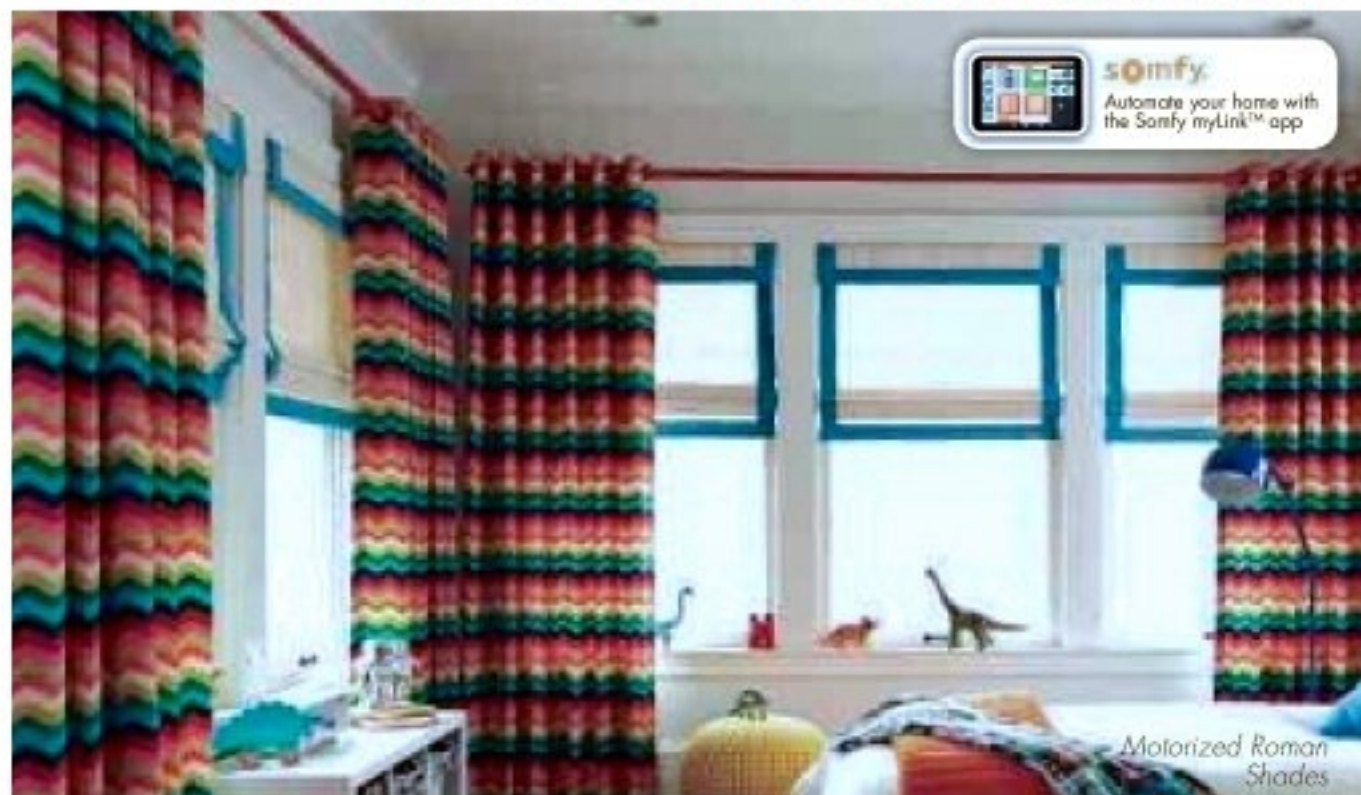
In Highbury, North London, the Arsenal Stadium was converted into a luxury apartment complex. The pitch itself was turned into a garden for residents to enjoy.

Indianapolis also turned Bush Stadium into some swanky lofts in 2013. The stadium was a huge eyesore after it was left vacant in 1997. But, since then, it's become so popular that there's a wait list to become a resident.

While interesting, it's an option that's just not workable for Edmonton, said Judith Rohvie, director of community and recreation facilities at the city.

JEREMY SIMES/METRO EDMONTON

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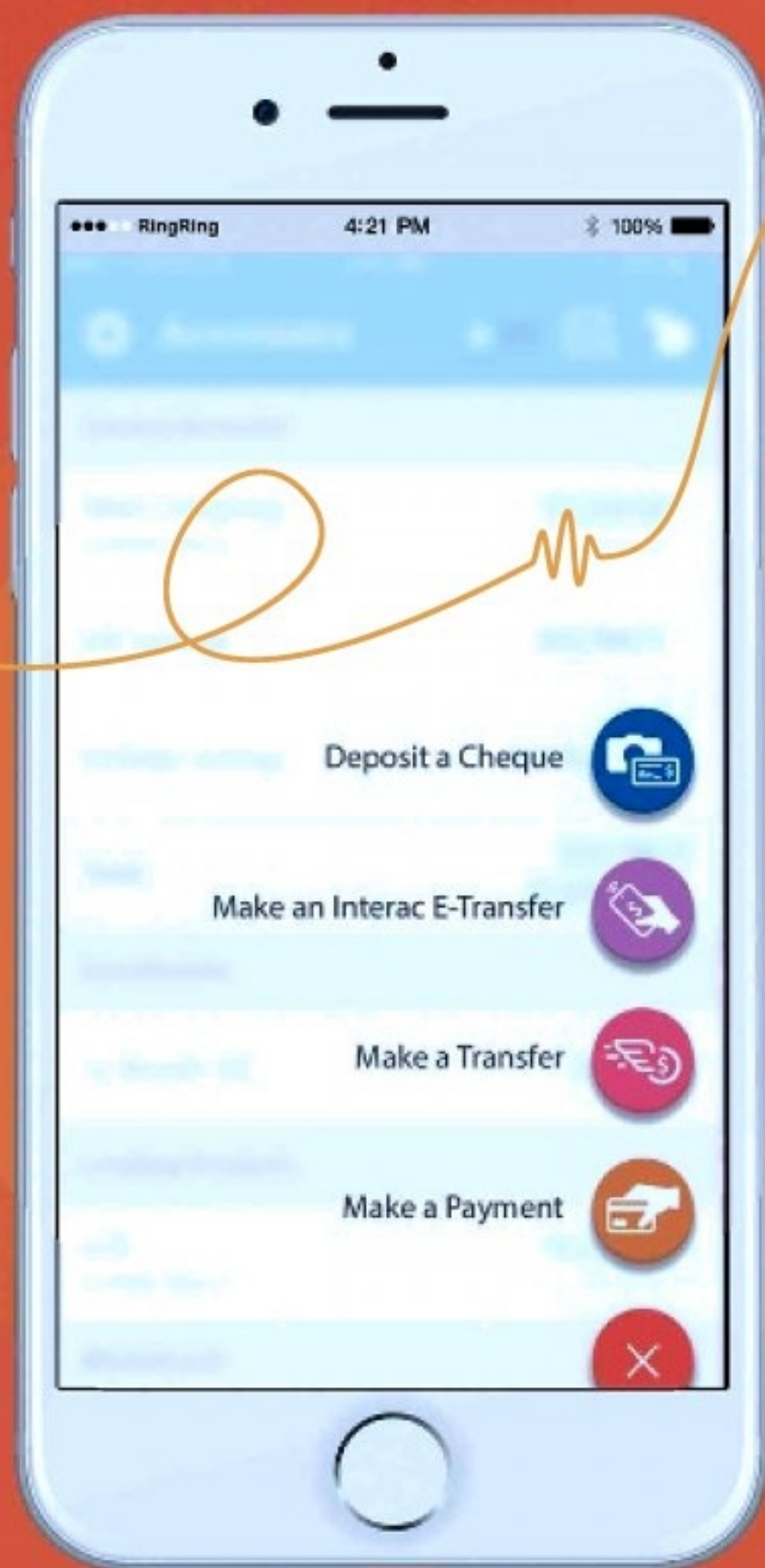
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Crossing bike-triggered

TRAFFIC

City may expand use of new technology elsewhere



Alex Boyd
Metro | Edmonton

Edmonton's first bike-triggered street crossing is fully operational.

People riding bikes along 136 Street and looking to cross 102 Avenue or access the shared-use path can ride up to the intersection and wait on the street markings, where sensors under the road will detect their presence and trigger the light.

According to city traffic engineer Alex Mawanay the sensors work by induction, meaning they can pick up the presence of metal.

In other words, don't bother jumping up and down on it, weight isn't a factor.

The lights stop vehicle traffic the way a pedestrian cross-



A cyclist waits for the light to change at the city's new bike-triggered crossing.

KEVIN TUONG/FOR METRO

ing would, but don't require people to get off their bikes to push a button.

The technology, which is more commonly used in Europe, is part of a push to make

the new shared-use path easier to use.

"We want to make it easier for bikes to cross and make it safer," said Dot Laing, social marketing co-ordinator with

Edmonton's transportation planning department. "It encourages people to ride and get out and be active, and it also promotes sustainable transportation."



We want to make it easier for bikes to cross and make it safer.

Dot Laing

Construction on the 102 Avenue bike lane — one of two major routes, along with 83 Avenue, council approved two years ago — started this spring.

Mawanay says that since the city was building traffic signals into the intersection anyway, to the tune of about \$350,000, adding the bike crossing wasn't a huge additional cost, likely in the neighbourhood of \$20,000.

He adds that the city will likely consider adding the technology to future crossings as it continues to expand bike infrastructure.

The 102 Avenue shared-use path was built between 136 Street and Connaught Drive this year, with the next phase to start next year. Work also started on the 83 Avenue bike path this year. The estimated total cost is \$7.5 million.

HOMELESSNESS

Shelter expands for winter

People facing homelessness in Edmonton now have a place to go to rest during the winter days ahead.

Hope Mission has opened an additional 150 spaces catering to men, women, intoxicated individuals and people with mobility issues.

On Wednesday, the facility became the first shelter in the city to operate 24/7.

"This is the first time that we've had something like this in Edmonton to serve the homeless population and it's, I think, a new avenue to be able to give rest, recovery and referral to people who are homeless," said Robin Padanyi, a spokesman for Hope Mission.

Some of the daytime shelter space has been open since early November, said Padanyi, and close to 200 individuals have visited the shelter each day this week.

Hope Mission, on 106 Avenue, currently provides shelter to between 500 and 600 people who are homeless each night. ALEX BOYD/METRO

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Liberal MP Randy Boissonnault rises during statements in the House of Commons in June.

ADRIAN WYLD/THE CANADIAN PRESS

MP shining a light on LGBTQ issues

GOVERNMENT

Boissonnault will report to PM on ongoing initiatives



Ryan Tumilty
Metro | Ottawa

Edmonton Centre MP Randy Boissonnault was appointed Tuesday to be the prime minister's special adviser on LGBTQ issues. Metro talked to him about what the position will mean.

What can you tell us about this role?

As a member of the LGBTQ community, it's an honour to serve the community in this capacity. The role really has three components. One is the ability to co-ordinate initiatives across government — we are talking about a number of different ministries, National Defence, Public Security, Justice and Health, just to name a few.

That co-ordination role is

going to be important, and one of the things that is important to know is that the ministers and their staff have already been working behind the scenes on issues that matter to the LGBTQ community.

The government announced it is going to look at changes to the Criminal Code that criminalizes anal sex in some circumstances. How quickly do you think those changes will happen?

The changes are very important, it was the number one legislative change that was outlined in the EGale (an LGBTQ advocacy group) report. It is something that the LGBTQ2 report has been advocating for, for decades.

It's important that we repeal a section of the law that is discriminatory against LGBTQ youth. In 2015 alone, there were 45 cases using this antiquated and anachronistic law. Three courts have already declared this section of the law unconstitutional.

In previous decades, public servants were investigat-

ed and pushed out of their jobs because of their sexual orientation. What will the government be doing on that issue?

This is an issue that most Canadians or many Canadians may not be even aware of, so from the 1960s right up to the late 1980s, 9,000 Canadians were summarily dismissed, fired from their jobs, released from the military or the RCMP simply because of their sexual orientation.

In many cases, interrogations lasted on a regular basis for months and years, it forced people to first come out to themselves, then in the workplace and then as soon as they did that they were fired.

People have been understandably scared, their lives interrupted and so this is why as a member of the community I am committed to working with individuals or organizations from across the country to really do a lot of careful listening, so that whatever we are able to do in terms of a government statement or apology, that we get it right.

IN BRIEF

Study: Mother grizzlies a bad influence on their cubs

When it comes to bad behaviour in grizzly bears, new research blames the moms. A University of Alberta study says cubs who watched their mothers come into conflict with people are more likely to do so. The research, published in online science journal PLOS ONE, is based on a study of 2,043 grizzlies in Alberta, B.C. and Montana.

THE CANADIAN PRESS

GOVERNMENT

Grants help women, girls meet potential

The Alberta government has announced \$500,000 in grants for organizations that improve the lives of women and girls.

The province says it will provide funding for community groups that have innovative ideas or to expand successful projects to help women reach their full potential.

Eligible projects include

those that help women secure good jobs and close the wage gap, prevent violence against women and girls or encourage women to run for elected office or apply for boards and senior leadership roles.

Status of Women Minister Stephanie McLean says when women succeed, whole communities and economies succeed. THE CANADIAN PRESS

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WOMEN IN POWER: BULLYING IN ALBERTA POLITICS

A 3-PART METRO SPECIAL FOCUS

Battles won, war far from over

EQUALITY

How far we've come, only to amplify the abuse



Alex Boyd
Metro | Edmonton

Laurie Blakeman won her first election to the Alberta legislature in 1997, as a member of the Liberal opposition to the eighth consecutive term for the PC party, and Premier Ralph Klein's second.

But Blakeman remembers that year for a different reason: It was the year the main wing of the legislature got its first women's bathroom.

"They had just changed 'backstage,' as I call it, from a (men's) washroom to a women's only washroom, which really peeved the men," Blakeman said. "Men in the opposition had to then go outside, cross over through the lobby and go back in through the federation room to get to a washroom."

Blakeman smiles at the memory. "I said, 'Aww, that's really too bad.'"

As this series has examined, a record number of women MLAs are now serving in Alberta, and shaking up more than the plumbing. But they are also increasingly facing abuse including death threats and what Calgary MLA Sandra Jansen has described as "filth" on their social media feeds.

Few women have more war stories from this battle than Blakeman. And her perspective in 2016 is one of steps taken forwards, as well as back.



Laurie Blakeman, who was a Liberal MLA for almost 20 years, has seen gains and losses for women in politics. SHAWN TSE/FOR METRO

Blakeman lost her Edmonton-Centre seat last year, in the same surge of NDP support that ushered a wave of women into the legislature. It was an ironic loss, as Blakeman had spent almost two decades in office, often as one of only a handful of women there, all the while pushing for progress on child care, domestic abuse and LG-BTQ rights.

“Women being successful and achieving powerful positions really rattles some people.”

Laurie Blakeman

lature.

Still, she says, our society still hasn't figured out how to reconcile humans who give birth and mother children with those

who wield power.

"Women being successful and achieving powerful positions really rattles some people, and they can't take them on as an equal, so they try through anonymous means to knock women off their stride," Blakeman said.

"Threatening them, calling them names, degrading them, dismissing what they're saying, dismissing their intelligence."

But why are those spewing hate — both men and women — sending more of it in 2016, not less? Blakeman points to trends at the legislature itself, a place she says has shifted from collegial to confrontational.

"I blame politicians generally for part of the state that we're in right now because politicians started to skew that rule and call each other names and the whole tone of the assembly started to lower," she said.

Not surprisingly, she cites social media, which hands a virtual bullhorn to every dissatisfied voter.

Jansen, who two weeks ago became the most public example of a woman politician facing abuse in Alberta, when she flagged it as the reason she was stepping down from her bid to lead the PC party, says other factors are also at play.

For her, the growing noise from right-wing media is behind the situation worsening.

"This is often spurred along by groups, and I don't say 'media outlets,' I say 'groups' like Rebel Media, who foment this rage," Jansen said.

Jansen says that Notley, as a left-wing leader, is targeted more than Alison Redford was.

During her former role as Redford's communications director, Jansen said many of the messages Redford received had

"misogynistic overtones," and took aim at her marriage or her parenting skills.

But, "With Rachel it's a little more bloodthirsty," she said. "They've just let loose, they're saying anything and everything."

Yet despite the amplification of abuse, Blakeman also says things have come a long way.

She remembers many years ago talking in the legislature about childcare and the need to fund it. "I just looked across this sea of 50-year-old white guys mostly from a rural background and I couldn't figure out why I couldn't get to them," she said.

"And I went home and thought about it and went 'Duh,' these guys had never had anything to do with childcare."

Today, "We haven't solved everything, but we're at the point but we can discuss the subject from all sides."

ALBERTA REACTS

It's time to stop this absolute nonsense. Women - and men, too - it's time to call it out when and where you see it. #womeninpower #ableg

So so so NOT okay: 'With female politicians, you're either stupid or a bitch'

Sandra Jansen, still hysterical: "With female politicians you're either 'stupid' or a 'bitch'"

Women in politics are treated differently. And not in a good way. Kudos @CristinaStasia @SANDRAYYCNW @MarieFrRenaud

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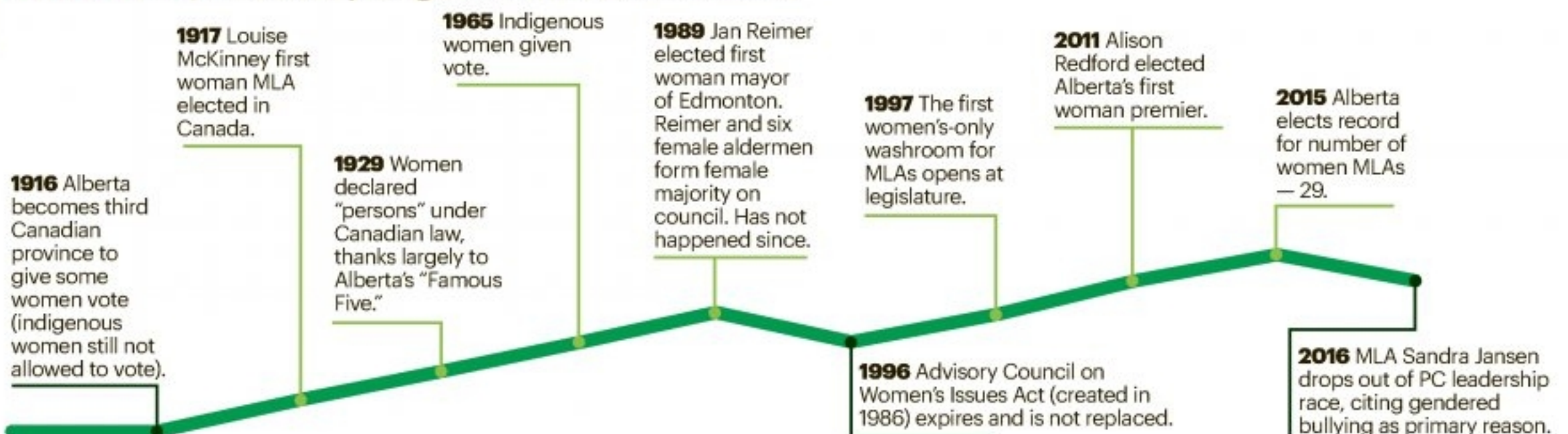
You can support women politicians in Alberta in the language you use and ask why those who utter death threats, misogyny or otherwise feel open to say such things. Get involved in the conversation: **#womeninpower #ableg**

ABOUT THIS SERIES

This week Metro will look at the abuse women in political leadership positions face in Alberta. But beyond documenting the abuse, we will continue to look at the gains women have made in the province, politically, and the deeper reasons behind some of the abuse.

TOMORROW How having more women in politics is changing the discourse in Alberta.

TIMELINE | A century of gains, with some losses



#WomenOnBoards

A Metro special focus

Gender parity 'good for business'

DIVERSITY

Female board members aren't so difficult to find: Expert



Ryan Tumilty
Metro | Ottawa

Private corporations that have achieved gender diversity say the change isn't just good for society, it's good for business.

Pamela Jeffery, founder of the Pamela Jeffery Group, which recruits women for seats on private sector boards, said companies find a whole new perspective they have been missing when they broaden their search.

"They are not part of the traditional network, so they are probably coming onto a board and don't know the others at the table," she said. "They come in and they ask the tough questions."

As Metro has reported this

ABOUT THIS SERIES

THIS WEEK Metro looked at the Crown corporations that the federal government oversees, which our analysis shows are overwhelmingly male.

Many of these Crown corporations have huge influence on the lives of Canadians, from the interest rates they pay banks, to mail delivery to airport security.

week, Canada's Crown corporations, whose board of directors are appointed by the federal cabinet, reveal that about 34 per cent of those seats are now occupied by women.

Jeffery said that's actually a much better representation than is typical on private sector boards.

She points to a survey last year from the Canadian Board Diversity Council that showed



Pamela Jeffery, who specializes in finding qualified women for seats on private sector boards, says there are many women who have the skills, experience and credentials necessary to serve at the top levels of corporations. EDUARDO LIMA/METRO

about 19.5 per cent of the seats on the boards of the FP 500 are held by women.

"That is a very strong showing and I think it's one that is very important," she said. "The private sector is looking to government to take a leadership role."

They come in and they ask the tough questions.

Pamela Jeffery, on recruiting female executives

Jeffery said there is a wide array of women able to serve on boards when companies decide to make a deliberate effort to diversify.

"It's not a question of supply — it is a question of demand," she said.

"There are many women

who have the skills, the experience, the credentials to serve on boards who are not currently serving on boards."

Gail St. Germain, head of human resources and an executive vice-president with HSBC Canada, said the company believes its gender-neutral board is a tremendous asset.

"We know that diversity in business makes good business," she said. "It's important to represent the communities in which we serve."

The company's current president and CEO, Sandra Stuart, was a board member in 2010. St. Germain said at that time the board was 20 per cent women, but it has changed dramatically over the years.

St. Germain said diverse board members bring different ideas to the table and that helps expand the conversation.

"The diversity of thought and the depth of conversation really takes an outcome to a much more positive and balanced approach," she said.

Jeffery said an organization that wants to make change, in-

cluding a Crown corporation, has to be willing to look further afield for board members.

She said simply asking for recommendations from the existing board won't work.

"Most board members are male and since most of those board members do not have strong networks that include women it self perpetuates."

WHAT YOU CAN DO



The federal cabinet appoints new directors to Crown corporation boards when positions open up. You can advocate for more diversity by contacting your MP and with the hashtag #WomenOnBoards.

CANDIDATES

List has 50 women 'ready to go'

If private boards or Crown corporations are looking to diversify their ranks, there are 50 highly qualified candidates to which they could look, according to a new report.

The Canadian Board Diversity Council released its Diversity 50 list Thursday, which aims to identify 50 qualified professionals that could be added to corporate boards.

Sherri Stevens, the council's

owner and CEO, said it's a way to show corporations that the people they need are out there and ready to go.

She said when the group first started talking about the problem they found people needed help looking further afield to find good directors.

"The key issue they kept coming back to was that Canada needed a way of finding potential new directors who

weren't in the existing directors' personal and professional networks," she said in an email.

The committee that has been developing the list annually since 2011 looks for people with previous board work and international experience.

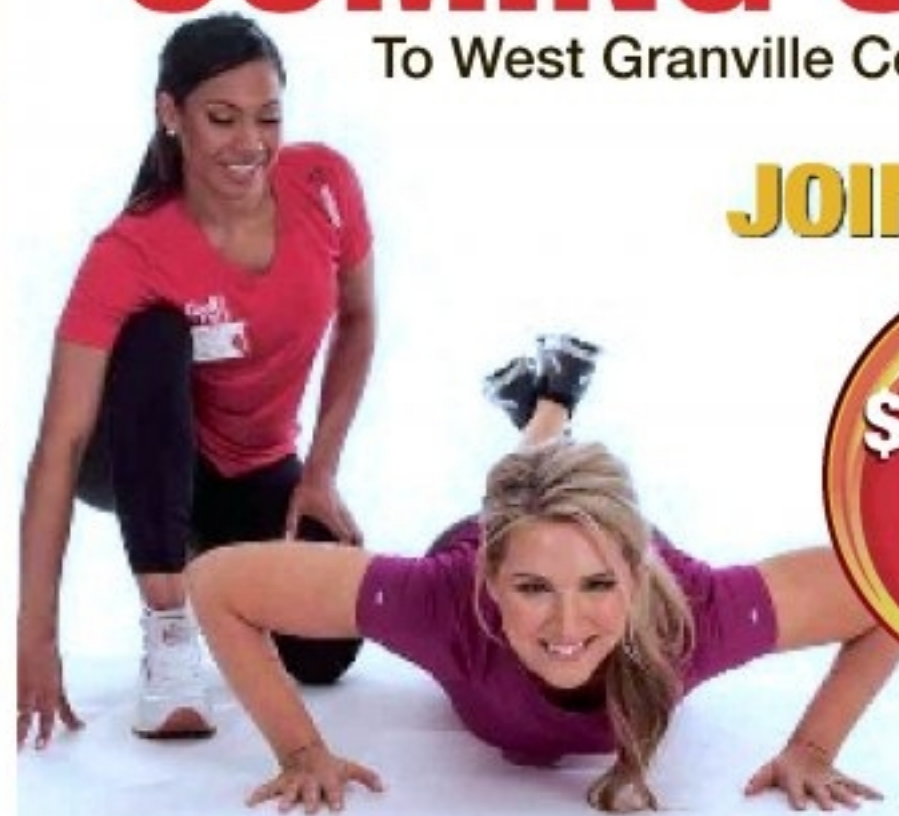
Stevens said this year they got an overwhelming response from applicants interested in being on the list.

RYAN TUMILTY/METRO OTTAWA

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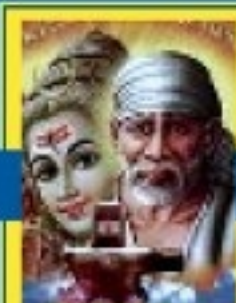
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Grégoire-Trudeau pushes gender equality in Cuba

EMPOWERMENT

PM's wife says strong men need to teach boys to respect women

Prime Minister Justin Trudeau's mother Margaret charmed Cubans when she brought her infant son Michel there 40 years ago. It forged lasting family ties between Cuba and the Trudeau family.

A generation later, Trudeau's own wife followed Margaret's steps, but came without her kids, charmed with fluent Spanish and delivered a message of support for gender equality.

Sophie Grégoire-Trudeau said that in countries where the culture is one of "machismo," strong men need to stand up and teach boys to respect women.

She spoke to an audience of mostly women at San Geronimo University in old Havana,



Sophie Grégoire-Trudeau speaks at a panel discussion on gender equality at the University of San Geronimo in Havana on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

among them filmmakers, artists and small-business people, urging them to "speak up" and tell their stories.

Though she speaks fluent Spanish, Grégoire-Trudeau

switched to English, and spoke without notes as a translator tried to keep up.

"The hardest thing to change in a society is what is considered normal. Is it normal

to work, to have babies, be in charge of the household, be caring for aging parents and family members or loved ones? Is it normal to have all those responsibilities on our shoulders? Is it normal to face the daily language of violence towards our bodies, our minds our hearts?" she asked.

"Our boys need to look up at older people around them, especially male figures, to be able to express their full potential and person but that is only possible if they are raised in a culture that celebrates men and women with the same equal rights freedoms and respects."

"In cultures where machismo is very present, we are reminded by amazing men" that many of them are wise, open and capable of loving and respecting women, she said.

"They should be encouraged at a very young age to develop these qualities and this will have an impact on society at large."

TORSTAR NEWS SERVICE

DIPLOMACY

PM attempts to calm fears of U.S. election

Prime Minister Justin Trudeau told a group of Cuban students today that he won't change Canada's stance on Cuba, even though his views are at odds with the man set to lead Canada's biggest trading partner.

When asked about the U.S. embargo on Cuba, the election of Donald Trump and concerns about the future of Canada-Cuba relations, Trudeau tried to calm students in his audience.

"For me, election results in the United States won't change the strong relationship that is a friendship and a partnership between Canada and Cuba,"

Trudeau said.

Trudeau said Canada doesn't see a contradiction or issue with being a steadfast and unflinching friend to Cuba and being an ally of the United States. He said the foreign affairs stance is one way Canadians reassure themselves "that we are our own country, that we make our own choices."

"We disagree with the approach the United States has taken with Cuba. We think that our approach is much better — of partnership, of collaboration, of engagement," he said.

THE CANADIAN PRESS



Justin Trudeau and Raul Castro shake hands after an event at the University of Havana on Wednesday. SEAN KILPATRICK/THE ASSOCIATED PRESS

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Donald Digest A roundup of news about the president-elect

It's all smooth sailing

Trump and his team on Wednesday vigorously rejected charges of turmoil and infighting roiling efforts to set up his White House teams, saying the enormous endeavour was proceeding "so smoothly." AP

The gold standard

A backlash is brewing against Trump's daughter



Ivanka because a \$10,800 accessory her fashion company makes was turned into marketing fodder a day after she sported a version of the piece on 60 Minutes. TORSTAR

Hanks a lot, Tom

During an acceptance speech for a tribute to his career on Tuesday, Tom Hanks offered a simple post-election

message: "We are going to be all right," he said. "America has been in worse places than we are at right now." TORSTAR

Students still riled up

College students around the U.S. rallied Wednesday, urging administrators to protect students and employees against immigration action under a Trump presidency. AP



Tom Hanks urged calm about the change. THE ASSOCIATED PRESS

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CHANTAL HÉBERT ON FOREIGN POLICY IN THE TRUMP ERA



The questions raised by the imminent changing of the guard at the White House go well beyond whether governments such as Trudeau's can find common ground with conservatives

One can run but not hide from the aftershocks of Donald Trump's presidential victory.

Prime Minister Justin Trudeau is finding that out first hand this week as his first trip outside Canada since the American election turns into a damage-assessment mission.

It is a testimony to the magnitude of the shift in the tectonic plates brought about by the U.S. outcome that there is not an international forum and precious few of the world's capitals that is not scrambling to pick up the post-election pieces.

The questions raised by the imminent changing of the guard at the White House go well beyond the narrow scope of whether progressive governments such as Trudeau's can find productive common ground with a conservative president.

Cuba was the first stop on the PM's itinerary this week. Until the U.S. vote, the prime minister might have expected to find some lingering buzz from President Barack Obama's historical visit to the island last spring. It was part of a thaw in the relationship between Cuba and the U.S.

But in Havana, excitement has given way to trepidation. Uncertainty as to whether Trump will follow up on his predecessor's overtures has replaced momentum. On the campaign trail, the president-elect blasted Obama's visit to

Cuba.

Later this week Trudeau will land in Peru for the annual Asia-Pacific Economic Policy (APEC) summit. The organization's 12 member countries recently negotiated the Trans-

in the White House will not diminish the political will to act in concert on climate change. Time will tell whether they are whistling past the graveyard.

A pivotal part of the infra-



WHEN IT HITS YOU THAT EVERYTHING'S CHANGED Cuban President Raul Castro and Prime Minister Justin Trudeau listen to a lecture at the Havana University on Wednesday. GETTY IMAGES

Pacific Partnership. But the American election has sapped the impetus for the ratification of the massive free-trade agreement. Last week, president Obama formally abandoned plans to submit the deal to Congress for ratification before the end of his term in January. Trump wants no part of the TPP.

The president-elect's shadow loomed large over this week's international climate-change summit (COP22) in Morocco. In theory, its participants had good reasons to celebrate. Propelled by international support, the global climate agreement struck in Paris last year has come into effect years earlier than expected.

The accord's signatories — including Canada — argue that the changing of the guard

structure of the Paris accord was an alliance between China and the U.S. They jointly agreed to a reduction in their carbon emissions. But Trump is not expected to hold the American side of the bargain.

On the heels of the U.S. election, Trudeau reaffirmed Canada's intention to lead a military deployment in Latvia as part of NATO's latest strategy to deter Russia. In Moscow, Trump's victory has been interpreted as an encouraging sign that could lead to NATO being forced to reconsider the deployment.

A bit more than a week after Trump's victory, it has already become conventional wisdom that his installation in the White House will at least complicate if not derail Trudeau's Liberal agenda. There is truth in that.

But more than a few policy tenets close to the heart of past Conservative governments are equally on the line. Think of NAFTA — the brainchild of Brian Mulroney's Tory governments — but also of the moribund TPP. It was negotiated on the watch of the previous federal government. The final deal was arrived at in the heat of the last federal campaign.

Under Stephen Harper, Canada took credit for playing host to the secret meetings that led to the U.S.-Cuba rapprochement.

The Conservatives set the climate-change targets that Trudeau is seeking to achieve as part of the obligations Canada contracted under the Paris agreement.

One of the distinguishing features of Harper's foreign-policy doctrine was his strong stance against Vladimir Putin's military goals. Trudeau's Latvia deployment fits into that doctrine, as does the ratification by the Liberals of the Canada-Ukraine free trade agreement initially negotiated under the Conservatives.

And then, what would Harper — as a staunch champion of Israel — have made of the anti-Semitic undertones of some of the rhetoric of Trump's campaign?

On Wednesday, interim Conservative leader Rona Ambrose offered her caucus a few positive thoughts about Trump's victory. But when all is said and done, the president-elect poses a greater threat to Harper's trade- and foreign-policy legacy than Trudeau ever did.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

VICKY MOCHAMA

When the right wing BLASTS COOL R&B, we owe it to them to listen

The most compelling event in politics right now isn't happening inside Trump Tower. It's the Conservative Party's leadership race.

Of course, the prime minister is still doing cool, young stuff like a fall reading-week trip to Cuba and begging for foreign-investment dollars. But, more rivetingly, the Opposition is figuring out who among a wide field of relative unknowns should lead them.

There are 12 candidates, i.e., enough players for a Canadian football team. The field is a who's-who of people one might remember and people who have Wikipedia pages. There are so many contenders that I came up with a mnemonic: BLASTS COOL R&B (Bernier, Lindsay, Alexander, Saxton, Trost, Scheer, Chong, Obhrai, O'Toole, Leitch, Raitt & Blaney).

Just because it's not about famous names that doesn't mean it should be underrated. This is the first chance to truly hear vision and ideas from Conservatives who were swept under by the decade-plus of Harper's leadership.

At last week's debate in Saskatoon, each candidate's 40-second speaking limit meant that they could only say a sentence or two on topics like immigration and free trade, so it often sounded more like a fast-paced brainstorming session than an argument. But there is genuine disagreement. At a Sunday event in Greely, Ont., Michael Chong was booed for suggesting that climate change is real, while Brad Trost was applauded after

saying, "I don't believe climate change is a real threat."

Still, were it not for one element, the race would seem like a student-government election at a fancy prep school: well funded and appropriately aggressive, with all in agreement that the current headmaster is not for them. But the spectre of global populism hangs over the race.

The clear populist candidate is Kellie Leitch, a trained orthopaedic surgeon who rails against "elites." Her campaign blamed a possible break-in at her house on "the left." Most notoriously, she has proposed a Canadian-values test for immigrants and vowed to bring Donald Trump-style politics to Canada. Leitch lacks Trump's presentational verve, but she may have her finger on the pulse. Some Liberals, fearing the worst, are registering with the Conservative party to vote for anyone but her.

In 2004, following the Canadian Alliance's merger with the Progressive Conservatives, the new Conservative party had only three contenders for leader: future Instagram star Tony Clement, noted floor-crosser Belinda Stronach and Master of the Dark Arts himself, Stephen Harper.

Before you tweet me, I mean to compliment Steve for having united Canada's heterogeneous right-of-centre movement and convinced it to speak with a single voice (his). But the other voices didn't disappear. And now, out of Harper's shadow, 12 visions are coming from a party that used to provide only one.

It has already become conventional wisdom that Trump's win could derail Trudeau's Liberal agenda. There is truth in that.

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Lingerie that's not about sex

INTERVIEW

Reframing the conversation from a French point of view

Amber Shortt
For Metro Canada



When Toronto's Kathryn Kemp-Griffin went to buy her first bra, the message from lingerie ads was clear: wear this, get laid.

"I remember growing up thinking it was all about purpose," says the author, who now also runs lingerie-themed tours of Paris. "What do I put on if I don't want to get laid? I don't really know what that means at 13."

She found in North America the conversation circled further around function: lift this, slim that, two-for-one deals, back fat. Comfort was an excuse for a lack of aesthetics, she says.

But after moving to Paris with her husband in 1990 — in a frayed pair of Jockeys — she started to believe lingerie could be something more.

"There's a difference in language when the French were talking about lingerie versus when North Americans were talking about lingerie," says Kemp-Griffin, who was in Toronto recently to promote her new book, *Paris Undressed: The Secrets of French Lingerie*.



Friends Lena Dunham and Jemima Kirke appeared in an untouched-up ad campaign for Lonely. In *Paris Undressed*, author Kathryn Kemp-Griffin says lingerie should be about activating the senses, not fixing perceived flaws. ZARA MIRKIN & HARRY WERE / COURTESY OF LONELY

In the book, Kemp-Griffin essentially offers a mindfulness guide to wearing lingerie the French way. She tells readers how to take a Marie Kondo-like approach to their underwear drawer (though Step 1 is to call it lingerie, not underwear). Toss wince-inducing pieces, she instructs. Then, buy a flower in your favourite colour, and a bra to match. "Notice that there are no flowers in beige!" she writes.

Throughout the book, she explains the history of lingerie — highlighting the lost one-on-one conversations with seamstresses to mass marketing and standardized sizing — and asks readers to more closely consider fabrics, such as the feel of silk and the detailed construction of lace.

The idea is lingerie should be about activating the senses, not fixing perceived flaws, she says.

"When you watch all the designers ... they're always slipping their hands underneath. That's where you see the opacity, that's where you see the light, that's where you see the transparency, that's where you see how the fabric plays with the skin, and you see the skin as the composition," says Kemp-Griffin. "By the time the product gets made and marketing gets slammed on, all the different slogans,

GARTER BELTS

Ideal fit for wintertime

Kathryn Kemp-Griffin may be able to convince the North American woman to get rid of beige T-shirt bras, but can she convince her to try a garter belt?

"I think I can get her to try them on," she says, noting cold Canadian winters may be the ideal climate.

Kemp-Griffin, who recommends donning the more secure six-strap, rather than the pin-up-y four, says they can be handy under a pair of jeans when you're also bundled in a parka.

"It's nice not to have all those different layers above," she says.

AMBER SHORTT/FOR METRO



anxieties behind, she says.

"We can not get away from our own individual upbringing, our religion, what mom said, what our sister said, what a good boyfriend said, what a rotten boyfriend said," she says. "It all gets wrapped into this poor little bra."

She sees it in the women who come on her lingerie tours: At Le Bon Marche department store, when the women are trying on lingerie, she says she often has to tell them to turn around and face the mirror instead of facing her, waiting for her opinion.

"Sexy, seduction, sexuality, sensuality: there's all these words we sort of know the dictionary definition of, but nobody ever asked what they mean to us."

And though those words come up plenty in the book, with bonus erotica recommendations and instructions for making your own tassels, one thing is noticeably absent: a sexual partner.

"I wrote (the book) for women, I wrote it for any women who have had any inkling that there's more to it than that," says Kemp-Griffin.

And in a year that saw women embracing a bra-free movement, plus-size model Ashley Graham walking the runway in her own lingerie collection, and Lena Dunham being featured in an untouched-up Lonely Label ad campaign, it seems women in North America are ready to reframe the conversation around lingerie as well.

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Sali Hughes is the author of *Pretty Iconic*, a book about beauty products that changed lives. BERNARD WEIL/TORSTAR NEWS SERVICE

All of Instagram can't be that sharp brow and contouring. It's boring. Also, it looks like s— close up. Sali Hughes



GOSSIP BRIEFS

Carrie Fisher reveals 1970s affair with Harrison Ford

It seems Princess Leia's romance with Han Solo in *Star Wars* extended off-screen. Carrie Fisher tells *People* magazine she enjoyed an "intense" affair with Harrison Ford during the filming of the 1977 movie. Fisher was 19 and Ford was 33 and married at the time. She writes of the three-month affair in her book *The Princess Diarist*. THE ASSOCIATED PRESS

Unfiltered beauty talk

INTERVIEW

Products that have changed the game

Sali Hughes knows there is more to beauty than a million Instagrammers trying to look like Kim Kardashian.

As the *Guardian* newspaper's beauty columnist and author of the website salihughesbeauty.com, Hughes, 41, is known for her discerning taste, down-to-earth approach to beauty and for her unfiltered straight-talk.

Here, the U.K.-based author chats about her new book, *Pretty Iconic*, (\$34.99, Fourth Estate).

How did you decide what went in the book?

A product either had to have changed the beauty industry, or changed women's lives. Or changed my life, personally.

What makes a product iconic?

If you look at something like Chanel No. 5, even people who have no interest in beauty still know that that is Chanel No. 5. Other things are iconic because they absolutely changed the course of beauty.

Some people see beauty products as frivolous. Why does a book like this matter?

Beauty products are the tools that help us project what we want to the world. That's a really intimate and powerful thing.

What's an overrated trend you're seeing right now?

I could live without seeing

more contouring. I feel a little bit sad that young women feel they have to change the shape of their heads. It's too much. I would like people to embrace their differences instead of all trying to look like Kim Kardashian. That's like saying only one kind of flower is beautiful. All of Instagram can't be that sharp brow and contouring. It's boring. Also, it looks like s-t close up.

Say there's a young woman looking to invest in makeup products, where would you recommend she start?

If you are on a budget ... spend on foundation and perfume.

When did you figure out what products worked for you?

I was born with a skin condition called Ichthyosis and it makes your skin dry and scaly. I was really bullied at school. I became obsessed with figuring out ways I could make it better. The dermatologist would prescribe this really thick medicinal cream. I would mix salt in with creams and make scrubs. The dermatologists discharged me at 11 years old because they couldn't believe the improvement.

Did that skin condition influence where you are today?

It changed my life. My mum left when I was a baby so ... I was in a completely male household. Probably I would have always craved the feminine stuff — I would have always loved makeup — but I think the Ichthyosis made my obsession a 360 degree one.

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BOOK BRIEF**Atwood, Boyden face backlash over UBC letter**

A rift in Canada's literary community is forming after dozens of prominent authors signed an open letter that called for an independent investigation into the University of British Columbia's decision to fire Steven Galloway. An online backlash has erupted over the letter, with both those who filed complaints against Galloway and outside observers expressing concerns that those who signed the letter are rallying around one of their own

while silencing those who spoke out against him.

Margaret Atwood is among several authors who signed the letter and faced a barrage of criticism from young female writers on Twitter. Life of Pi author Yann Martel, who signed the letter written by Joseph Boyden, says in an email he would have worded the letter differently, but the goal was to express concern that the process followed by UBC did not appear to be fair to either Galloway or the complainants. THE CANADIAN PRESS

GRAPHIC NOVEL**Documenting an icon of Can-comics****Seth's Dominion**

By: Luc Chamberland (director of documentary); Seth (creator of comics)

Publisher: Drawn and Quarterly
\$22.95; 41 minutes and 80 pages

Mike Donachie
Metro | Canada



This one is cheating, because it's not really a comic book, except that it is.

Seth's Dominion is the documentary portrait of Seth, Canada's sartorial savant of comic books and so much more. Like him, it is fabulous.

Chamberland and the National Film Board of Canada created a charming biography of the Guelph, Ont. artist in 2014. It's full of interviews, animation, extras, insights into his technique, mindset and unrelenting creativity, and painful honesty about his experiences.

But this is Seth, the man who couldn't

just set a comic book in the fictional city of Dominion; he had to make dozens of model buildings, too. So this new DVD release comes in a beautiful hardback book that's reversible.

One side features sketches and extracts from Seth's wonderful comic books, including Wimbleton Green, and It's A Good Life, If

You Don't Weaken. Flip the book over and there's a photo essay of Seth's life.

And in a little pocket is the DVD. It's just delightful.

Refugee tragedy told through child's eyes**HISTORICAL NOVEL****Story of 1939 St. Louis liner compares to today's crises**

Sue Carter
For Metro Canada



Armando Lucas Correa was only about 10 years old when his grandmother told him about the St. Louis, a transatlantic luxury liner that, in May 1939, carried 937 passengers, mostly Jewish refugees, to safety in Havana.

Correa's grandmother — the child of Spanish immigrants — was pregnant with his mother at the time, when the Cuban government, which had guaranteed a safe home to the travelers, broke its promise and only allowed 28 refugees to remain on the island.

The ship captain tried to find a new port to land, but both Canada and the U.S. turned the group away, and hundreds were ultimately forced to return to Germany to their ultimate deaths.

"I think it hit her very hard when the Cuban government denied them entrance," says Correa, who is the New York-based editor of People en Español.

The story served as inspiration for Correa's debut historical novel, *The German Girl*, about a family separated by the event and its lingering impact on future generations.

"When I was writing the book I was thinking about myself, the father of three children," he says. "If I was in the same situation, I wouldn't know what to do or how to survive."

The German Girl is told from the perspective of Hannah Rosenthal, an energetic 11-year-old who flees her home in Berlin,



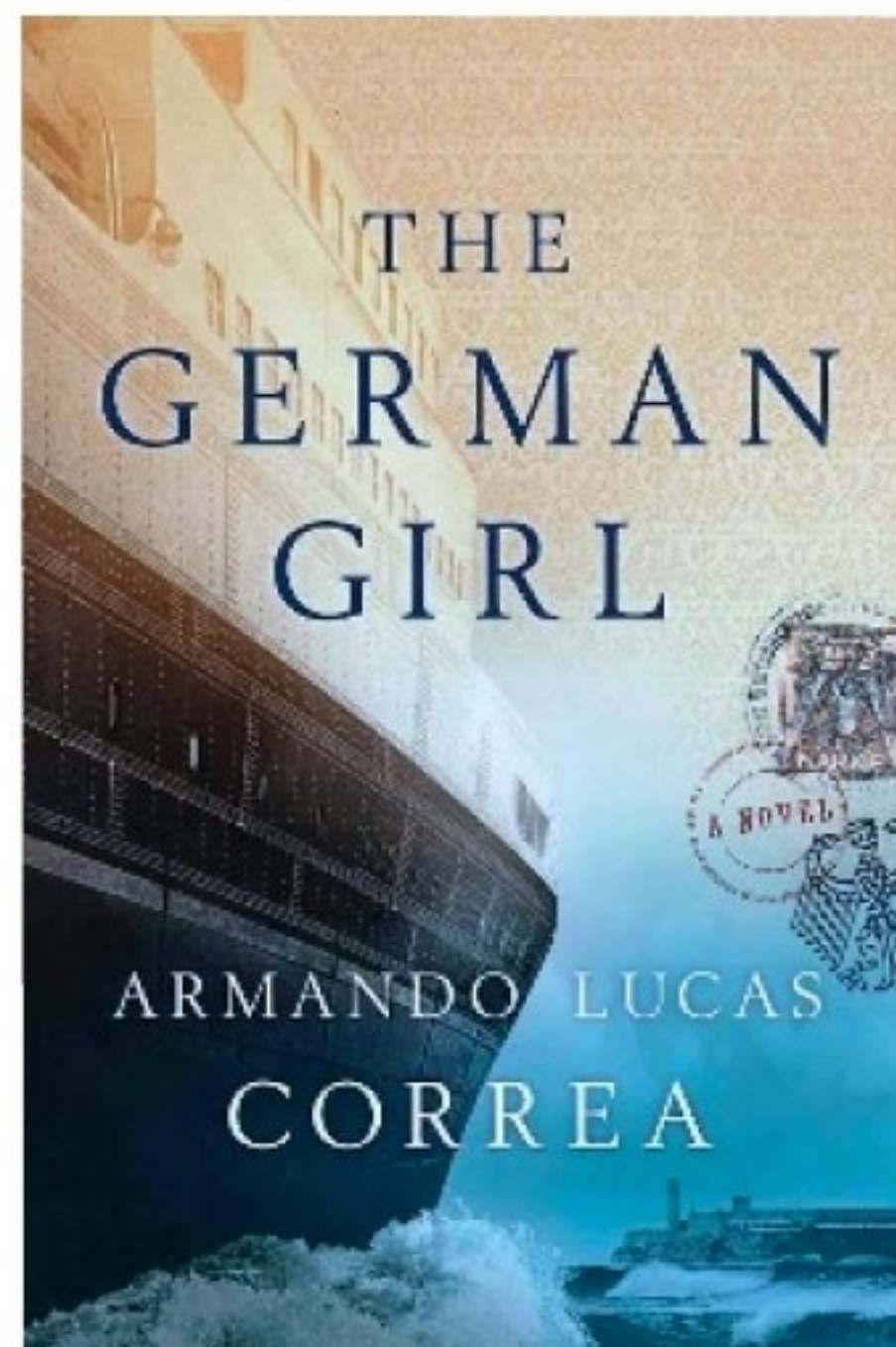
“Humans — as part of our DNA — we reject and we're afraid of 'the other.'”
Author Armando Lucas Correa

accompanied by her parents. It's six months after Kristallnacht, or the "night of falling glass," when violent riots instigated by the Nazis broke out in the city, and many Jewish businesses and synagogues were burned down.

The story spans 70 years to when Hannah meets her great-niece, Anna Rosen, whose father disappeared on 9/11.

Hannah's voice came to Correa via his daughter Emma, who is the same age. He hopes the authenticity will connect with readers. "This is a tragedy: 937 refugees were denied entrance," he says. "But I wanted to talk about Hannah Rosenthal. I wanted to get in her head. She is a human being; I didn't want to talk about the numbers."

Correa also observed that the story has a disturbing similarity to reactions and responses to current refugee crises, such as the millions of displaced Syrians seeking asylum around the world. "The tragedy of the St. Louis, you can see it



today," he says. "The reason is that humans — as part of our DNA — we reject and we're afraid of 'the other.' People with another skin colour; people who have another god, or have other beliefs. We have to fight against that."

Correa included the ship's manifesto at the back of *The German Girl*.

documenting the 937 passenger names. Ana María Gordon, a Toronto-based 81-year-old survivor of the St. Louis, who shared her personal memories and thoughts with Correa. "Ana María is a strong woman," he says. "She said, 'We can forgive but never forget.' This is the main lesson."

Sue Carter is the editor at Quill & Quire magazine.

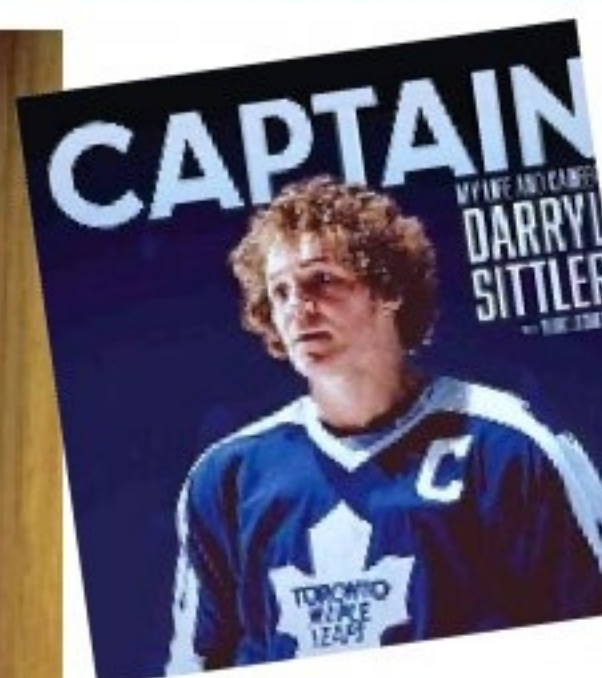


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In 99: *Stories of the Game*, Wayne Gretzky touches on his most famous moments while addressing the game's history. CONTRIBUTED



“

Something about the cold game pulls writers and publishers back to their literary core: storytelling by star players.

Dave Bidini

Scoring on literary ice

BOOKS

Storytelling by star players has a way of drawing you in

Dave Bidini
For Torstar News Service

Lo these many years, I've imagined hockey writing in Canada joining the wave of baseball writing to produce esoteric and skewed-angled views on the game.

A handful of these kinds of hockey books have been written — Puckstruck by Stephen Smith is one; Theo Fleury's autobiography, *Playing with Fire*, is another.

But something about the cold game pulls writers and publishers back to their literary core: storytelling by star players.

It's a limited view, yet satisfying in its own way. Three new fall books prove that, if hockey writing refuses to walk down new roads, there are ways to be engaged on familiar ice.

Let's start at the most distinct title. Wayne Gretzky's *99: Stories of the Game* (written with Kirstie McLelland-Day) is the literary mirror of the former centremen's sporting mind: darting, moving and winding about, rarely wasting an opportunity to go somewhere you did not expect it to go.

If Gretzky was among the best to ever play the game, he was also the spongier when it came to soaking up hockey's lore.

While Gretzky touches on all of his most famous moments, he and McLelland-Day manage a difficult and substantial feat: after awhile, you forget it's the legend talking, but rather a curious fellow guy who knows a lot more about hockey than you.

If the Gretzky book aspires to address a very wide swatch of the game's history, the Wendel Clark and Darryl Sittler tomes more or less keep to themselves.

This is fine. Both books arrive with the Maple Leafs rebuilding their franchise, so rather than read them with a nostalgic eye to better times, we might view them as narrative building blocks, returning the reader to different, yet equally conflicted, eras in the team's history: Sittler's story covering the '70s into the '80s, and Clark going from 1985 on.

The most compelling parts of Darryl Sittler's book are set in the crazy '70s, in which hockey seems like an entirely different sport: owners sitting among fans, which is the case with the captain's nemesis, Harold Ballard; and outrageous pier 4 brawls with nearly every team in the league.

Clark's book is a celebration of home and game and how the two are entwined.

Like the others, his is a fine narrative, easily told.

None of the books try to be anything else because they simply don't have to.

Dave Bidini is the author of five hockey books, including his most recent, *Keon and Me*.



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JOHANNA SCHNELLER
WHAT I'M WATCHING

Shelf life on school drama

THE SHOW: This Is High School, Season 1, Episode 6

THE MOMENT: The post-election wrap-up

In this doc series, we are now in the last days of senior year at South Kamloops Secondary School. This week, the 50 cameras mounted around the building are focused on Anthony and Jared, two clearly bright, socially awkward best friends, both vying to be valedictorian against a handful of more popular kids.

"I'm a fan of musical theatre and I always like things to finish with a bang," explains Jared, the more ironic one.

"Vigorous jazz hands," says Anthony, the sincerer one. They crack up.

Neither wins (a cool dude does). Anthony's disappointed. "You get all this good feedback, but it feels wasted," he says. He hoped that being valedictorian would make him feel like he played a tangible part in high school life.

"Let's be honest," Jared

consoles him. "You won't ever look back on high school life. You'll just take off and keep going."

Ah, Jared, you are wise beyond your years. This series is as earnest as Anthony. It finds individual dramas and creates mini-arcs: Will the aboriginal girl with a complicated home life get the 73 in English she needs to pursue her dream at university? Will casting the shy new boy in Macbeth help him come out of his shell?

But the underlying truth is, everything that happens in high school is dramatic to the kids, but only some of it matters. Most of the drama fades like a grad photo in the sun.

This series would be richer if it acknowledged that more.

This Is High School aired on CBC. Past episodes can be streamed at <http://watch.cbc.ca>.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Napflix describes itself as 'a video platform where you can find the most silent and sleepy content selection.' SCREENSHOT/ISTOCK

Bored yet? Napflix aims to make you sleep faster

STREAMING

From sheep to curling, film fare to relax your brain

Love TV? Have trouble sleeping?

Perhaps you should check out Napflix.com, a collection of intentionally soothing/bor-

ing films and videos culled from YouTube.

The free service is the work of two advertising workers from Spain, the home of the siesta.

Napflix describes itself on its site as "a video platform where you can find the most silent and sleepy content selection to relax your brain and easily fall asleep."

The zzz-inducing fare includes chickens on a rotis-

serie at Swiss Chalet, sheep (circa 1954), rain on a window, candles burning and real-time chess.

For Canadian content, there's men's curling, although that has been blocked out for Canada. Surprisingly, there are no debates on the future of the Canadian Senate.

Some of the Napflix offerings are clearly parodies, like one on forgotten stamps.

Others are unintentionally pulse stopping, like a BBC documentary on the life of pandas or another BBC effort on Einstein for the masses.

A few are probably thrilling inducing to a few folks at Mensa while they'd make the rest of us drop from boredom. They include a documentary on quantum theory and a masterclass lecture on Klingon grammar.

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MEET THE CONDO

LAUREL TOWNHOMES

Single-family home meets condo lifestyle



CONTRIBUTED

Project overview

It's like the best of single-family home living blended with the easy, minimal maintenance of a condo lifestyle: Laurel Townhomes in South Edmonton offers spacious, three-bedroom multi-level homes with rear attached double garages and yard space in the thriving, family-friendly community of Laurel Crossing.

Housing amenities

Laurel Townhomes offers wide-plank laminate flooring throughout entry, kitchen, living and dining areas, (tile and carpet elsewhere), full-height subway-style backsplash plus kitchen island for entertaining, and large windows for plenty of natural light. There's front load washer/dryer and energy-efficient appliances plus rear-attached double garages.

Location and transit

Located just off 34th St. and 16a Avenue, Laurel Crossing offers direct access to the Anthony Henday and White-mud Dr. for easy commuting to downtown work or school sites. Residents of Laurel Townhomes can also take advantage of regular bus service, with direct routes to Millwoods Transit Centre, the Meadows Recreation Centre and South Edmonton Common.

In the neighbourhood

Laurel Crossing boasts parks, greenspaces and walking trails, but the area is also just minutes from shopping, services, K-12 schools and public transport. Nearby South Edmonton Common has an abundance of shopping and services, while The Meadows, a brand new area recreation centre, offers indoor leisure and fitness opportunities for year-round use.

LUCY HAINES/FOR METRO

+ NEED TO KNOW

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Building: 34 townhomes
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THE HOLIDAYS

There's no better time for DIY projects

Making your own ornaments and decorations for the holidays has its own rewards — the need to create is strong in many of us — but it feels particularly good to dig out your art supplies at this time of year.

"At the heart of it, this is what Christmas means to me — passing along warmth, memories, tradition, stories and so much more," says Bob Richter author of *A Very Vintage Christmas* (Rowman & Littlefield).

Richter keeps his childhood memories alive by decorating with vintage ornaments, some of which he received as a small child from relatives. Each delicate piece evokes a memory.

"As my grandmother grew older, she took pleasure in letting me decorate her tree, and I have many happy memories of doing it," Richter reminisces in his book.

"Now one of my favourite and most treasured ornaments is her favourite Santa Claus. Each year when I hang him on my tree, I think of her and smile."

Our children's handmade ornaments — perhaps incorporating a tiny handprint, a school photo or the year of its making — evoke similar sentiments every holiday season.

"Especially in this culture of time-pressed, technology-obsessed and often distracted people, I think it's more important than ever to pass along the things that really connect us," says Richter. "And Christmas does that."

From the December/January pages of *Woman's Day* magazine come a few ornaments that evoke holidays past. These crafts require just the simplest of materials, such as toothpicks, yarn and wooden clothespins.



These ornaments can be crafted using simple items around the house, such as toothpicks, yarn and cinnamon sticks. Crafting ornaments gives families an activity to do together and provides ornaments that may become next year's treasures. ERIKA LAPRESTO/WOMAN'S DAY VIA THE ASSOCIATED PRESS

Especially when little glue-sticky fingers are at work, these crafts could become next year's treasures.

Knit bauble

"The ball ornament is the most recognizable ornament at Christmastime," says *Woman's Day* lifestyle director Taryn Mohrman. "You can use one that's a little chipped with a bit of yarn, you can turn it into something that evokes soft and cozy, and adds warmth to your tree."

Remove the metal top from a plain ball ornament. Hold two colours of yarn together and hot-glue them inside the opening of the ornament. Once dry, wrap both strands around the orna-

ment to cover it completely; use hot glue to secure as you go.

Then apply red acrylic paint to the balls of two rock candy sticks, and trim the ends into points using scissors. Once dry,

+ EVEN EASIER

Richter suggests stringing popcorn and cranberry chains — three popcorns for each cranberry — and tying hole-punched vintage holiday cards to tree branches with red ribbon. Find boxes of old cards at flea markets for a few dollars, he says.

thread these "knitting needles" through the yarn on the ornament and replace the metal top.

Sweet scented tree

"These ornaments make great gift toppers," says Mohrman.

Bend a nine-centimetre piece of naturally coiled wrapped wire, available at crafts stores, in half to form a loop, and then gently push each end into the hollow part of a cinnamon stick. Use hot glue to attach cut sprigs of fresh rosemary for branches and small gems for ornaments.

Sparkling starburst

This ornament "is about the metallic, the glitter and the shine," says Mohrman.

Carefully push whole and halved toothpicks into a four-centimetre foam ball, and then apply one or two coats of silver spray paint. While the ornament's still wet, dust fine silver glitter over it. Use a dab of hot glue to attach a string for hanging.

Clothespin snowflake

"This is a good sturdy ornament that can be packed away and stand the test of time," says Mohrman. You need: eight clothespins, craft glue, white acrylic paint, a paintbrush, a foam paintbrush, white glitter, red string and scissors.

Start by carefully sliding the metal clips off of the eight

clothespins and discard. Reattach two wooden clothespin pieces by gluing the flat sides together. Repeat for the remaining wood pieces. Arrange these reattached wood pieces in the shape of a snowflake and glue together at the base; let dry completely.

Apply white paint to the edges and one side of the snowflake. While the paint is still wet, sprinkle on white glitter.

Once dry, flip the snowflake over and apply paint and glitter to the other side.

Finally, slip a length of red string through one of the openings in the snowflake and tie the ends into a bow; use it to hang the ornament.

THE ASSOCIATED PRESS

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METRO SPACES

Mudroom magic

Coming in from the cold during a Canadian winter can make a big mess. Wet boots, damp jackets, mucky sports equipment — it all requires an efficient room to handle the transition from outdoors to in. Enter the mudroom. Here are five things to help make yours multifunctional and marvellous

Bench yourself

The Lyndon storage bench, part of Canadian Tire's For Living line, has a comfy seat, open cubbies for shoes, and three fabric bins to collect mitts, scarves, bits and bobs. Comes in espresso or white finishes. Big family? Choose from dozens of long entryway benches in styles

glamorous to organic to traditional at Crave Furniture. No having to wait your turn to shuck off your shoes.

All-in-one

Almost like having custom built-ins, Lowes large-scale Bestar Mudroom kits are thought-of-it-all storage units that include cupboards with clothes rods, drawers, seating, cubbies, coat hooks, adjustable shelves and seating. Cushions and bins are sold separately. Inexpensive Real Simple brand nine-cube storage shelves offer a contemporary option for storing everything from boots to backpacks and catchall bins. Choose matching Real Simple three-cube split-top bench storage units that open to provide under-seat storage, with lower cubbies for shoes and boots. Find them at Bed Bath and Beyond.



The Lyndon Storage Bench.
CONTRIBUTED

Be a good sport

Sports equipment inevitably ends up in mudrooms, especially if you haven't got a garage. Silver mesh rolling bins from The Container Store are a smart solution for keeping sports balls and yoga mats from rolling astray or unraveling. They're also great for storing other stuff, from re-usable shopping bags and rolled-up beach towels. Their see-through nature means nothing gets lost in a dark abyss. Skis and snowboards can pose unwieldy, wall-scratching problems, too. Solve their storage by installing a space-saving ski rack such as Monkey Bars. The wall-mounted rack holds three pairs of skis and four snowboards. Find it or order it online at Home Depot.

Rack 'em up

Corral keys, cell phones, mail, sunglasses, wallets, dog leashes and more with multifunc-

tional, rustic entryway racks made in Calgary by Etsy seller GBandWood. Different designs include various coat hooks, magazine holders, ledges and slots for your stuff. They're made from reclaimed wood, finished in a choice of 10 stains. In the more premium price range, Pottery Barn carries a number of wall-mounted entryway organizers that combine mirrors, drawers and coat hooks.

You bet your boots

A boot rack to let your kicks drip dry and air out is a must-have for soggy, snowy winter footwear. Home Hardware has a three-tier rack finished in satin nickel that includes a bottom shelf and wires woven to hold up tall boots and prevent them from folding and creasing. To keep shoe clutter out of sight, Ikea has shoe cabinets of various sizes with tilting drawers for storing footwear for all seasons. And don't forget the all-important shoe trays to keep water creep off the floor. Walmart's surprisingly stylish Manor boot tray is big, sturdy, and budget-friendly.

-KAREN DURRIE

How to make the right choices when you're renovating

Your home should suit your lifestyle. Renovating it will make it a better fit for you as a resident, as well as increasing its resale value when it comes time to sell. That's why it's very important to plan your renovation carefully.

The renovation experts at Touchtone Canada, a flooring and home renovation supplies store in Edmonton, help customers make the right renovation decisions to match their needs.

"The right renovation is about selecting materials and upgrades that will provide you the most value, but it's also about looking into the future and thinking about durability, practicality and budget," says Baneet Singh, general manager and partner at Touchtone Canada. "It comes down to personal preference — and our experts can help you make an informed choice."

Visitors to the 10,000-square-foot Touchtone showroom can consult with flooring and home renovation experts that will help them narrow down their search, providing them with tips they might not have considered. The store offers flooring, interiors, doors, mouldings and more.

All this quality comes with great value. Touchtone offers the best prices on the market, with very flexible financing with



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minimal or no interest rates. They'll beat any competitor's quote by at least five per cent.

"We'll help you find excellent quality at wholesale prices for your next project," says Singh. "We're here to make sure your renovation gets done right."

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"This weekend only, homebuyers can save up to \$40,000 off the price of their brand new home," says Hopewell's marketing manager Nicole McLaws. "Combined with our unmatched style and amazing floorplans, this weekend is the best time to buy a brand new home."

Available for three days only – November 19th, 20th and 21st – Hopewell's flash sale applies to its homes throughout the city of Edmonton.

"We offer attainable design for the modern family, uncompromising quality, refreshing distinctiveness and a combination of features rarely available elsewhere," McLaws says. "No one else can deliver a home that so perfectly balances your style with both

your budget and the way you want to live."

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With a wide variety of price points and product types available, including Secord Chalet townhomes in the Hopewell community of Secord; duplexes in south Edmonton's Cavanagh; laned homes available in McConachie, Vita at Crystallina Nera, Hawks Ridge, Secord and Cavanagh; and front-attached garage homes ready to build in McConachie, Hawks Ridge and Secord, there is a Hopewell home for every budget, family and lifestyle.

For more details on Hopewell's this weekend only flash sale, visit any of their 20 show homes, in five amazing Edmonton communities, or head to HopewellResidential.com for details, show home maps, galleries and more.



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Hopewell

Burris at ease as underdog Eskimos add more backup for Reilly

CFL Well-rested Redblacks prep for Eks in East final

Veteran quarterback Henry Burris knows many people aren't favouring the Ottawa Redblacks to win the Eastern Final this weekend and that's fine with him.

The Redblacks host the Edmonton Eskimos on Sunday afternoon with a trip to next week's Grey Cup on the line. Edmonton is looking to become the first crossover team to advance to the CFL championship game.

"Nobody ever gives us a chance," Burris said Wednesday. "Everybody's talking about what Edmonton did last year and yes they won the Grey Cup, but we've had success against Edmonton this year and we want to do what we can to continue the success that we've had."

The Redblacks are 2-0 against

Edmonton this season, but the Eskimos come in having won six of their last seven games.

Ottawa finished first in the East with a mediocre 8-9-1 record while Edmonton was fourth in the West at 10-8. Despite their inconsistent play, the Redblacks are still just one victory away from a Grey Cup appearance.

"We know we have our hands full," Burris said. "This is a challenge we look forward to. Nobody's going to give us any respect, that's just how

it's been. All we've done is win two Eastern Division titles and put us in a position to host the Eastern final and be one step away to go to the Grey Cup."

The Redblacks will be rested after a bye week while the Eskimos are

coming off a 24-21 win in Hamilton last weekend. However, Ottawa struggled after bye weeks in the regular season, losing by over three touchdowns on both occasions.

Players and coaches remember the losses well and say this last bye week was not your



The Eskimos' Derel Walker fumbles the ball against the Redblacks on Aug. 6 at TD Place. The Redblacks won both games between the two teams this season. JUSTIN TANG/THE CANADIAN PRESS

average week off.

"This is a whole different situation," said head coach Rick Campbell. "We've been here working and practising and it's a playoff game to go to the Grey Cup so motivation won't be an issue."

Last week, Eskimos running

back John White was instrumental in Edmonton's win over the Tiger-Cats with 20 carries for 160 yards and two touchdowns. Ottawa held White to just 14 carries for 89 yards and one touchdown over two regular-season games.

The Redblacks know that

shutting him down again will be imperative.

"We understand he's a great player, especially defensive line-wise," said Hopkins. "We have to be able to hold our gap and we have to be able to contain him and minimize his success out there." THE CANADIAN PRESS

Eskimos add more backup for Reilly

The Edmonton Eskimos signed quarterback Thomas DeMarco on Wednesday, prompting questions regarding the health of starter Mike Reilly.

Reilly suffered an upper-body injury late in Edmonton's 24-21 East Division semifinal win over the Hamilton Tiger-Cats on Sunday. After the game, Reilly said there'd be no doubt he'd play in the division final this weekend in Ottawa.

DeMarco opened the season with Edmonton and would join quarterbacks James Franklin and Jordan Lynch on the roster Sunday should Reilly be unable to play.

DeMarco began his CFL career in 2012 with the B.C. Lions and spent two seasons with the club before being selected by Ottawa in the 2013 CFL expansion draft. DeMarco played two years with the Redblacks. THE CANADIAN PRESS



Mike Reilly GETTY IMAGES FILE

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NHL

NJ Devils' Hall undergoes surgery

New Jersey Devils left-winger Taylor Hall has had surgery on his left knee.

The Devils announced Wednesday that Hall had a torn meniscus repaired in the procedure performed by team physician Dr. Michael Shindle and Dr. Jonathan Glashow, the club's chief medical officer. He will be sidelined up to a month.

Hall has been placed on injured reserve.

Hall, who was acquired from the Edmonton Oilers in an off-season deal for defenceman Adam Larsson, had five goals and seven assists in 14 games.

His 12 points were tied for the team lead with defenceman Damon Severson.

The No. 1 overall pick in the 2010 draft, Hall did not play in the Devils' game at Dallas on Tuesday night.

THE ASSOCIATED PRESS

+ MORE INJURIES

■ LIGHTNING

Tampa Bay Lightning captain Steven Stamkos has a lateral meniscus tear in his right knee and will be sidelined indefinitely.

■ FLAMES

Calgary Flames forward Johnny Gaudreau was scheduled to undergo surgery Wednesday to repair a fractured finger.

■ PENGUINS

Goaltender Matt Murray left the Pittsburgh Penguins' game against the Washington Capitals on Wednesday night after taking an accidental hit to the head from teammate Evgeni Malkin.

THE ASSOCIATED PRESS

MLB

Red Sox' Porcello wins AL Cy Young

Rick Porcello of the Boston Red Sox has won the AL Cy Young Award by a narrow margin and Max Scherzer of the Washington Nationals has taken the NL prize.

Porcello led the majors with 22 wins, and beat out Detroit's Justin Verlander and Cleveland's Corey Kluber in results announced Wednesday.

Porcello got just eight first-place votes from members of the Baseball Writers' Association of America while Verlander drew 14. But Porcello drew more support across the board and was listed by all 30 voters — Verlander was left off two ballots.

Scherzer becomes the sixth



Rick Porcello

RICH GAGNON/GETTY IMAGES

pitcher to win the Cy Young in both leagues, earning the NL honour by a wide margin. He led the majors with 284 strikeouts and topped the league with 20 wins, and beat out Chicago Cubs teammates Jon Lester and Kyle Hendricks.

THE ASSOCIATED PRESS

IN BRIEF

RG3 cleared for contact but not ready to practise

Robert Griffin III's comeback isn't quite ready to begin.

Cleveland's QB, who broke a bone in his left shoulder in the Browns' season opener, has been cleared for non-contact drills and could play again this season.

However, he won't practise this week and it's not clear when he will. Griffin was on a stationary bike on Wednesday as the winless Browns (0-10)

continued. THE ASSOCIATED PRESS

Pacers pounce to beat Cavaliers without LeBron

Paul George scored 21 points and the Indiana Pacers took advantage off the resting LeBron James' absence to beat the Cleveland Cavaliers 103-93 on Wednesday night.

Jeff Teague added 20 points and eight assists, and Thaddeus Young had 16 points to help the Pacers improve to 6-1 at home and 6-6 overall. James sat out for the first time this season.

THE ASSOCIATED PRESS



RAPTORS DINOS TAKE ON DUBS ON DRAKE NIGHT Warriors point guard Stephen Curry passes the ball as the Raptors' Kyle Lowry looks on at Air Canada Centre on Wednesday night. The game marked Kevin Durant's Toronto debut as a member of the Warriors. Go to metronews.ca for the story. FRANK GUNN/THE CANADIAN PRESS

Lumsden and Wright back in Team Canada

BOBSLED

Duo's hunger for Olympic medal reason for return

Canada's bobsled team has gone from thin to fat in the space of a year. There wasn't enough brakemen meeting domestic standards a year ago to start the World Cup season with more than one four-man sled.

Canada opens this season Dec. 2-3 in Whistler, B.C., with three men's crews, as well as a full complement of three men's and three women's teams in two-man races. The return of two-time Olympians Jesse Lumsden and Neville Wright to the team after two-year breaks has contributed to the sudden depth on the men's side.

Both brakemen said they needed physical and mental breaks after a stressful 2014 Winter Games, but planned all along to return and compete in a third Olympics in Pyeongchang, South Korea, in 2018.



Former Calgary Stampeder Jesse Lumsden is back with the Canadian bobsled team this season. ALEXANDER KLEIN/AFP/GETTY IMAGES

"I knew if I was going to take a run for Korea, I needed to get myself sorted out so I can come in 100 per cent," said Wright, a 35-year-old from Edmonton.

"I've been to two Games now, so it's like third time is a charm. I need to finish off with a medal. I'm focused on medalling, finishing my career with a medal so I'm digging in that much deeper to try and achieve that."

Lumsden, a former CFL running back with the Hamilton Tiger-Cats and Calgary Stampeders, concurred the elusive Olympic medal brought him back to the fold.

"The reason I'm here now is because of what happened in 2014," said the 34-year-old from Burlington, Ont. "If we had won a medal, I don't know if I would be here."

"I love competition, I want to be a part of it, I want to be involved and I want to win it. If I have the opportunity, I've got a few bullets left in the chamber to fire. I'm going to empty them pretty soon here."

Lumsden was in the Justin Kripps crew that crashed on the Sochi track in 2014. He and pilot Chris Spring were seventh in two-man bobsled. Lumsden and Pierre Lueders placed fifth in both races in 2010.

Wright was ninth in Sochi in Lyndon Rush's four-man sled and fifth with Lumsden and Lueders four years earlier. Lumsden has re-joined Kripps and Wright is in Spring's crew this season.

"It makes a huge difference to have people like those two guys back in the program that have the Olympic experience and have the experience of being on podiums in World Cups," said Bobsleigh Canada Skeleton high-performance director Chris Le Bihan. "(Having them) in pre-season sliding, in the ice house, in the gym, it brings a huge amount of leadership back into the program."

THE CANADIAN PRESS

RECIPE One-Pot Tomato and Basil Chicken Pasta



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Directions

1. Generously season chicken breast with kosher salt and pepper. Cut into 1-inch pieces.

2. Add olive oil to a large skillet over medium heat. Place the chicken in the pan and brown on all sides. Lower the heat, add garlic and cook for 1 minute.

3. Add the tomatoes, chicken broth, water and uncooked pasta to the pan. Bring this mixture to a boil, then reduce heat to low. Cover the pan and cook for about 15 minutes. Remove cover and cook for another 5 minutes, or until liquid is reduced by half.

4. Remove your skillet from the heat and gently stir in the Parmesan cheese. Serve individual portions with a sprinkling of fresh basil leaves and a bit more Parmesan cheese.

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This recipe is called having your cake and eating it, too, since you make a satisfyingly yummy meal and then have barely any cleanup.

Ready in 30 minutes

Prep time: 5 minutes
Cook time: 25 minutes
Serves 4

Ingredients

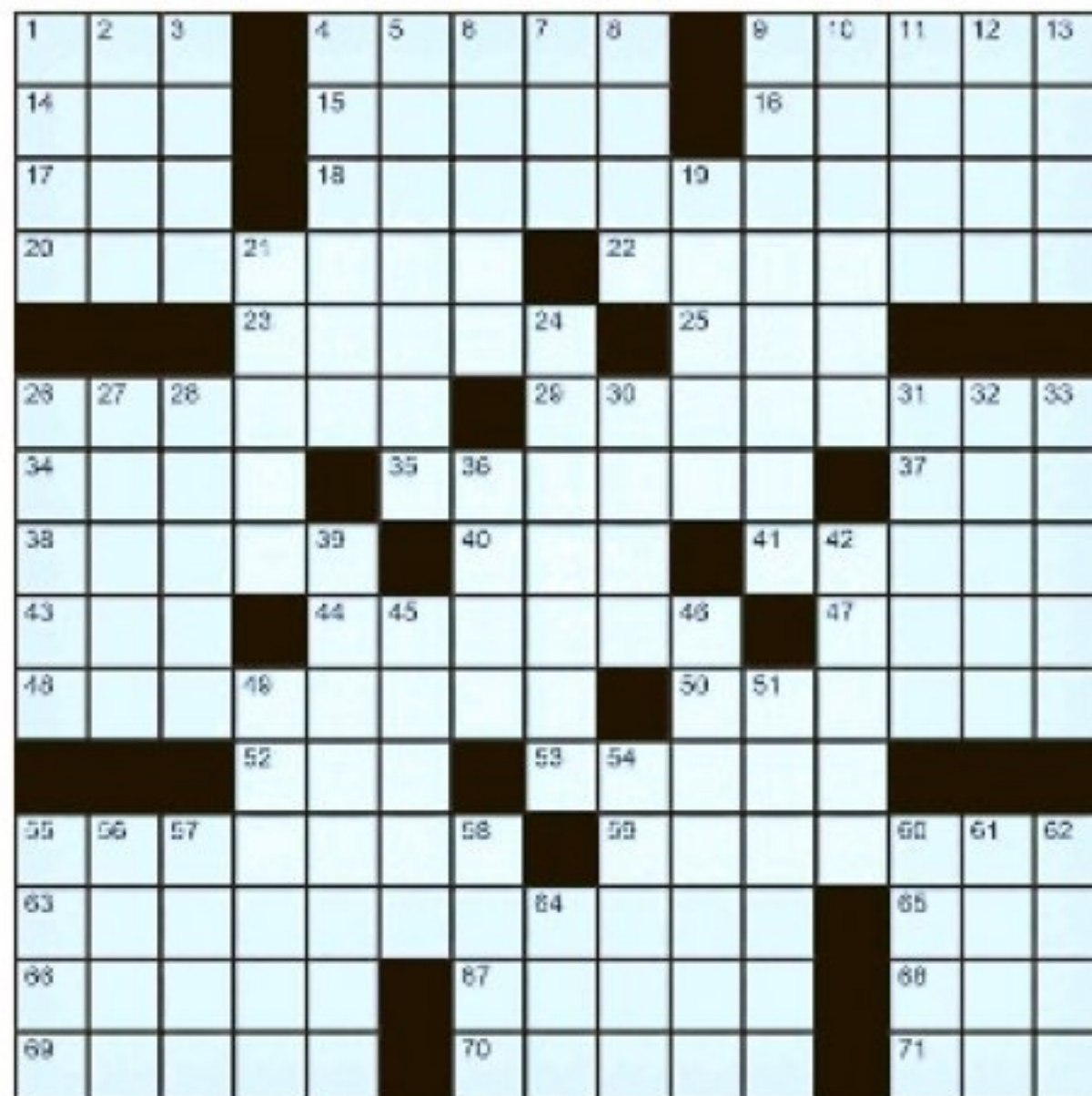
- 1 lb boneless, skinless chicken breast
- Kosher salt and pepper
- 3 Tbsp extra virgin olive oil
- 4 cloves of garlic, minced
- 1x28-ounce can of tomatoes
- 1 1/2 cups low-sodium chicken broth
- 1 cup water
- 2 cups penne pasta
- 1 cup freshly shaved Parmesan cheese, more for garnish
- 1 cup fresh basil leaves

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Firth of Clyde topper
4. Belarus' capital
9. Awesome party
14. Montrealer's 'soul'
15. Flipping ___ (Pre-game tradition)
16. City in northern France
17. Baseball's Mr. Dykstra
18. New album by Inuk throat singer Tanya Tagaq
20. Collapse, cookie-style
22. Paid for dinner
23. Aware
25. Ms. Landers
26. Sports game outcomes
29. Vexers
34. 'Scotch' add-on (Stuff sprayed on a sofa, perhaps)
35. Uses a need-this-no-more office paper machine
37. Extinct New Zealand bird
38. Caper
40. Grocery store, e.g.
41. English actress Ms. Blunt
43. ___ degree
44. Walks through the 'In' door
47. Extensions
48. Zaniest
50. From longest ago
52. Grand Opry link
53. South Pacific island group
55. Taxi trip: 2 wds.
59. Pass up



63. 'Ski Capital of Newfoundland and Labrador': 2 wds. (More at #4-Down)
65. Clash
66. Stables sound
67. 'Sea' suffix (Carried by the ocean)
68. Philosophy
69. 'Harry Potter' movies director David
70. Turn
71. "Never ___ Never Again" (1983)

DOWN

1. Gym bag item
2. 'A' of USA [abbr.]
3. 'Desserts' detailer
4. ___ Mountain (Ski resort located in the west coast of Newfoundland town at #63-Across)
5. Like fast food special orders of Pepsi or Coke
6. Attentive type
7. Lady's gent
8. Hand-make a scarf
9. Canadian ten cent piece schooner
10. Tedious listing of things
11. Dismounted
12. Gin flavouring
13. Mind the flock
19. Kraft, Aero or Tide, etc.
21. Weekday day, in

- Quebec City
24. Objectives
26. Haida Gwaii - British Columbia: Anthony Island village which is a UNESCO World Heritage Site, ___ Gwaay Llnagaay
27. Bel ___ (Opera singing style)
28. 'Straight'-meaning prefix
30. Close
31. French writer Mr. Zola
32. Breadbasket breads
33. Speak, archaically
36. Chart-topping songs
39. Dancing/singing/fun parties in Ireland
42. Athlete's prize
45. Dependent
46. Songbook standard: "Make ___ Happy"
49. Gather grub
51. Binders, jacket, lunch storage spot
54. Love lots
55. "Our House" gr.
56. "I just had ___" ...said the hot beverage enjoyer
57. "So ___" (Very well then)
58. Wanes
60. Goo Goo Dolls tune
61. Space mission org.
62. Ms. Rossum of acting
64. Turn to compost

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the most part, this is a feel-good day. However, do not make promises to family members that you can't keep. By evening, power struggles might take place. Just be cool.

Taurus April 21 - May 21
It's easy to overestimate things today, so be careful. People are inclined to exaggerate. Avoid conflict with others in the evening — it will be brief, but nasty.

Gemini May 22 - June 21
Your financial judgment might be a bit hazy today. You might spend too much or give away too much, or overestimate something. Be aware of this.

Cancer June 22 - July 23
Today the Moon is in your sign, at odds with Jupiter, which can make you too casual. You might ignore details. You might feel too lazy to do things.

Leo July 24 - Aug. 23
Because you feel sorry for someone who is less fortunate, you might be unrealistic in how you want to help him or her. Remember: True generosity is giving what is needed.

Virgo Aug. 24 - Sept. 23
When talking to a female friend today, resist the urge to promise more than you can deliver. Don't create a situation where someone else feels let down.

Libra Sept. 24 - Oct. 23
Do not volunteer for anything today, because in your eagerness, you might take on more than you can handle. Respect your own limitations. Be kind to yourself.

Scorpio Oct. 24 - Nov. 22
Travel plans look exciting! However, late in the day, make a point of avoiding controversial subjects like politics, religion and racial issues. You'll be glad you did.

Sagittarius Nov. 23 - Dec. 21
This is not an ideal day to decide how to divide an inheritance or figure out how to share something. Your financial judgment is a bit off. Use caution.

Capricorn Dec. 22 - Jan. 20
Enjoy conversations with others today, because you feel laid-back and easygoing. Nevertheless, avoid conflict this evening, because it will be too intense. Oh yeah.

Aquarius Jan. 21 - Feb. 19
Tackle what is realistic at work today. Be careful about overestimating something or taking on more than you can comfortably handle.

Pisces Feb. 20 - March 20
You will enjoy sports events and playful activities with children today. However, by evening, be patient with kids and romantic partners in order to avoid conflicts.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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